

ABSTRACT OF THE DISCLOSURE

A cam follower includes a shaft member which is cantilevered at one end and a slide bearing fitted onto the outer periphery of the other end of the shaft member. The slide bearing is composed of a cylindrical matrix made of an Fe-based sintered metal material having an Fe content of 90 wt% or more and a slide layer formed from the inner peripheral surface to the both end faces of the matrix. The slide layer is made of a slide material composition having a base material such as polyethylene resin blended with a lubricant such as silicone oil and a globular porous silica impregnated with this lubricant.